

Conestoga High School



January to June
2023


Meal Prices

Paid Lunch: \$4.00 to 5.25
Reduced Lunch: \$.40
Adult Lunch: \$5.25

Account Management

Please register your account at
www.SchoolCafe.com
to receive email alerts and
check purchases.

DAILY FOOD STATIONS

 Cheeseburger, Chicken Patty,
Chicken Breast Sandwich,
Vegetarian Burgers,
Baked French Fries



Build your Own

 **The Express**
Premade Deli 

Ham, Turkey, Roast Beef, Tuna & Chicken Salad, Spicy Ham,
Salami, 3 Cheeses and Bread and Kaiser Rolls (Whole Wheat
Multi Grain)

Cheese Pizza
plus one
Daily Specialty Pie



8oz 1% White Milk, Non-fat White Milk and Non-fat Chocolate Milk included with all Meals

Baby Carrots, Fresh Apple Slices, Canned and Fresh Fruit and 4oz 100% Apple and Grape Juice Available Daily

TODAY'S SPECIAL

DAILY SIDES

M Soft Beef Taco
T Chicken Alfredo & Broccoli
W Meatball Sub
Th Breaded Roasted Chicken Breast
F Bosco Pizza Dippers

Corn, Chopped Tomato, Lettuce
Cucumber Slices, Baby Carrots w/Dip
Tossed Salad, Baked Beans
Mashed Potatoes, Broccoli w/Dip
Steamed Carrots, Tossed Salad

M Chicken Cacciatore/ Penne Pasta
T Brd Chicken Breast Sandwich on a Bun
W Toasted Cheese Sandwich
Th Stuffed Shells Spaghetti Sauce
F Bosco Pizza Dippers

Steamed Broccoli, Baby Carrots
Baked Beans, Tossed Salad
Tomato Soup, Steamed Corn
Green Beans, Cucumber Slices
Marinara Sauce, Tossed Salad

M Cheesesteak w/ Fr Onions Peppers
T Chicken Paremisan Sandwich
W Pulled Pork Sandwich on a Kaiser
Th General Tso's Chicken Lo Mein
F Bosco Pizza Dippers

Mixed Vegetables, Cucumber Slices
Steamed Corn, Baby Carrots w/Dip
Baked Beans, Broccoli w/Dip
Oriental Vegetables, Baby Carrots
Marinara Sauce, Tossed Salad

M Chicken Tenders w/Dipping Sauce
T Penne Pasta with Meat sauce
W Bacon Cheese Burger on a Bun
Th Lasagna
F Bosco Pizza Dippers

Mashed Potatoes, Baby Carrots
Tossed Salad, Green Beans
Baked Beans, Tossed Salad
Steamed Pea's, Carrots w/Dip
Marinara Sauce, Tossed Salad

January	February	March	April	May	June
2 3 4 5 6	1 2 3	1 2 3	3 4 5 6 7	1 2 3 4 5	1 2
9 10 11 12 13	6 7 8 9 10	6 7 8 9 10	10 11 12 13 14	8 9 10 11 12	5 6 7 8 9
16 17 18 19 20	13 14 15 16 17	13 14 15 16 17	17 18 19 20 21	15 16 17 18 19	12 13 14 15 16
23 24 25 26 27	20 21 22 23 24	20 21 22 23 24	24 25 26 27 28	22 23 24 25 26	
30 31	27 28	27 28 29 30 31		29 30 31	

Color coded
weekly menu
■ No Lunch